

My Portfolio Tools

Integrated Services and Supports
Personal Strengths & Needs

My LifeCourse Portfolio
's ONE-PAGE PROFILE
What people like to discuss about the life connections and goals...

What's Important to Me (the connections, relationships, roles) ...

How to Best Support Me (strategies for working together) ...

Community Panel: Personal Strengths & Needs, Abilities, Interests, Community Panel, My Skills, Interests

PROVIDER: NAME, PHONE, EMAIL, ADDRESS, CITY, STATE, ZIP, COUNTRY

PERSON: NAME, PHONE, EMAIL, ADDRESS, CITY, STATE, ZIP, COUNTRY

My LifeCourse Planning Portfolio for Person-Centered Individualized Support Plans

Developed in partnership with LOQW/County Connections, this portfolio was developed to help prepare the individuals, as well as staff, for the annual planning meeting in accordance with the CMS rules for person-centered planning.

Life Trajectory Worksheet

Family Connections
Where you grew up

Adult Roles in the Future
List goals for the upcoming year

What's Important to Me
List the connections, relationships, roles that are most important to you

How to Best Support Me
List the things you don't need to get by...

PROVIDER: NAME, PHONE, EMAIL, ADDRESS, CITY, STATE, ZIP, COUNTRY

PERSON: NAME, PHONE, EMAIL, ADDRESS, CITY, STATE, ZIP, COUNTRY

My LifeCourse Portfolios for Daily Life and Employment

Integrated Services and Supports
Personal Strengths & Needs

My LifeCourse School Portfolio
's ONE-PAGE PROFILE
What people like to discuss about me...

What's Important to Me (the connections, relationships, roles) ...

How to Best Support Me (strategies for working together) ...

Community Panel: Personal Strengths & Needs, Abilities, Interests, Community Panel, My Skills, Interests

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My LifeCourse School Portfolio

Piloted by Abilities First, this portfolio was developed specifically for school-age children and their families to help them work with school staff.

Journey through School

Family Connections
Where you grew up

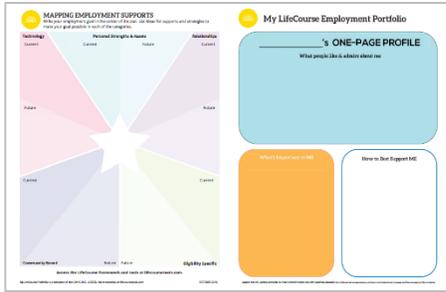
Adult Roles in the Future
List goals for the upcoming year

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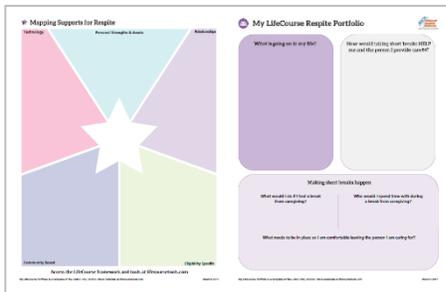
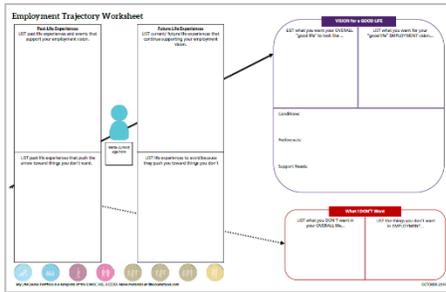
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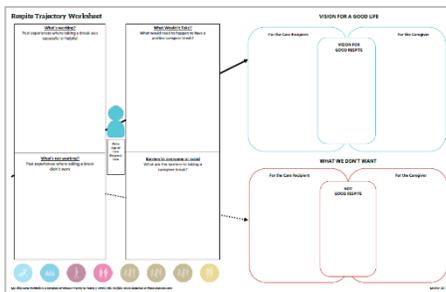
My LifeCourse Employment Portfolio

Developed in partnership with LOQW/County Connections, this portfolio was developed to help employment professionals help the individuals they support, all plan for employment goals.

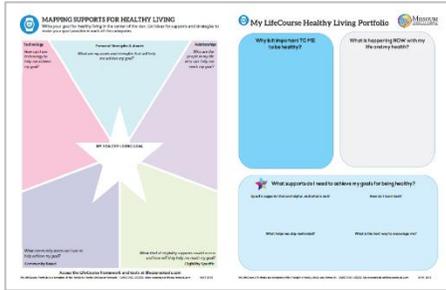


My LifeCourse Respite Portfolio

Developed in partnership with ARCH National Respite Network, this portfolio was developed to help family caregivers and those who support them to think through creating respite or short break opportunities.

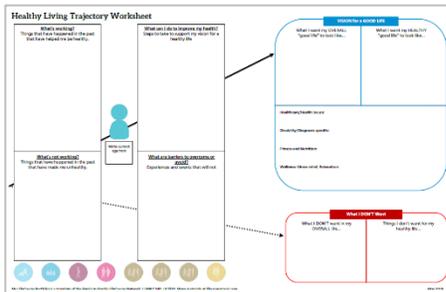


My LifeCourse Portfolios for Healthy Living

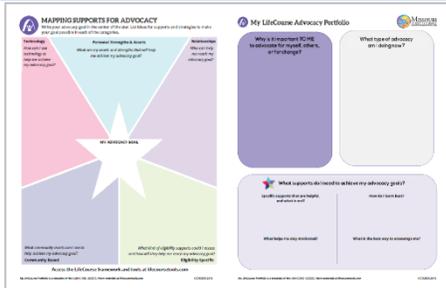


My LifeCourse Healthy Living Portfolio

Developed in partnership with Eitas, this portfolio was developed to help community health workers support individuals with I/DD to accomplish their goals for a healthy life.



My LifeCourse Portfolios for Citizenship & Advocacy



My LifeCourse Advocacy Portfolio

Developed in partnership with the LIFE Ability Center/Adair County SB40 board, to help self-advocates and family leaders think through the skills and experiences needed to advocate effectively for their good life, for other people/families, and for large scale change.

